

Simple Chore Ideas By Age

AGES 2-4: SMALL HELPERS IN TRAINING

- Get dressed in the morning
- Make their bed (even if it's not perfect!)
- Clear their breakfast dishes
- Put away silverware (non-sharp items)
- Set the table
- Wipe/dust surfaces like counters and baseboards
- Sweep small messes or vacuum with a handheld vacuum
- Clean up spills with a towel
- Put away shoes
- Run to put things away for you
- Clean up toys in a small zone
- Laundry tasks: put dirty clothes in the hamper, sort colors for laundry, spray stains on clothes, match socks
- Refill toilet paper rolls
- Water plants
- Feed pets
- Clean trash out of the car

AGES 5-8: GROWING INDEPENDENCE

- Change small garbage bags
- Fold their own laundry
- Put away groceries
- Clean toilets
- Clean windows and mirrors
- Wipe down kitchen cabinets
- Wash and vacuum the car
- Mop floors
- Organize games, books, or toys
- Get mail or packages
- Walk pets
- Groom pets with supervision
- Rake leaves
- Weed the garden



Simple by purpose

AGES 9-12: INDEPENDENT PROBLEM-SOLVERS

- Wash their own laundry
- Wash dishes by hand or load/unload the dishwasher
- Clean an entire bathroom
- Mow the lawn
- Organize a junk drawer
- Declutter their own room or shared spaces
- Prep for social gatherings (set up, clean up)
- Bake something simple
- Clean out the refrigerator
- Make their own appointments (with supervision or on speaker-phone)
- Plan and make dinner
- Organize their own rides to places
- Put gas in the car or air in the tires